

# Kentucky Statewide Opioid Stewardship (KY SOS)

## November Newsletter

### Rural Communities Opioid Response Program – Technical Assistance (RCORP-TA)

RCORP-TA held a webinar on September 30 over *ED-Initiated Buprenorphine for Opioid Use Disorder*. RCORP has made the webinar recording and materials available if you were unable to attend.

*ED-Initiated Buprenorphine for Opioid Use Disorder Webinar*

- [PPT](#)
- [Recording](#)
- RCORP-TA Resource Portal direct [link](#)

### Trena Stocker, President of Mercy Health – Marcum and Wallace Hospital, has been named to the KY SOS Advisory Committee

Trena Stocker, MSN, MHA, RN is the President of Mercy Health Marcum and Wallace Hospital which is located in Irvine, KY. She is a nurse by background, having obtained her BSN from Jacksonville State University and her MSN and MHA from University of Phoenix. Prior to serving as President of Mercy Health Marcum and Wallace, Stocker was Chief Nursing Executive at Marcum and Wallace. She has served in various leadership positions in nursing, including time spent in the United States Navy. KY SOS welcomes Ms. Stocker to the Advisory Committee.

### Dr. Alex Elswick held a webinar on Patient Perspective during the Holidays on October 26

Dr. Alex Elswick presented “Recovering during the Holidays” webinar on October 26 for the KY SOS program. Elswick, KY SOS Advisory Committee member and person in long term recovery, shared helpful tips and suggestions for families of loved ones and those in recovery to navigate the holiday season. Webinar slides and recording are posted on the KY SOS website:

[https://www.youtube.com/watch?v=mMUcb7t8s\\_4](https://www.youtube.com/watch?v=mMUcb7t8s_4)

- Holiday tip 1: Connect with others
- Holiday tip 2: Structure your days
- Holiday tip 3: Know yourself and your family
- Holiday tip 4: Plan your escape
- Holiday tip 5: Practice gratitude
  
- Bonus tip 1: Safer (substance) use

- Bonus tip 2: Prepare your elevator speech (referring to alcohol)
- Bonus tip 3: HALT (hungry, angry, lonely, tired)

During the webinar, Dr. Elswick shared a few recovery centers available to participants and their families. Find a full listing of KY addiction treatment facilities and find answers to questions about treatment and recovery at [www.findhelpnowky.org](http://www.findhelpnowky.org) or call KY Opioid Assistance and Resource Hotline (KY-OAR) at 1-800-854-6813.

- **Voices of Hope** – [www.voicesofhopelex.org](http://www.voicesofhopelex.org); (859) 303-7671
- **Louisville Recovery Community Connection (LRCC)** – [Louisvillerecoveryconnections@gmail.com](mailto:Louisvillerecoveryconnections@gmail.com); (502) 717-8321
- **The Pier Recovery** – [www.piercc.org/contact-us](http://www.piercc.org/contact-us); (859) 547-6539
- **Achieving Recovery Together (ART)** – [www.achievingrecoverytogether.org](http://www.achievingrecoverytogether.org); (859) 385-5017

## Mental Health Tips for the Holidays

For many, the holidays are a joyous time spent with family, friends, with much laughter. For individuals with mental health issues and/or substance use disorders, the holidays can bring loneliness, isolation, and the holiday blues. A NAMI study showed that 64% of people with mental illness report the holiday season makes their conditions worse. There is also the contribution of the physiologic response due to shorter days and colder temperatures of the season, medically known as Seasonal Affective Disorder (SAD). Here are a few simple tips to prioritize your mental health during the holidays.

**Make a Plan:** Decide how you will celebrate the holidays, and plan ahead to help reduce anxiety of the uncertainty.

**Self-care:** Get plenty of rest, eat nutritious foods, exercise, fresh air and sunshine when possible help to overcome holiday blues. Incorporate mindfulness or meditation into your everyday routine.

The following are few free meditation applications that might assist you in your self-care journey.

[Calm App \(Links to an external site.\)](#)

[Insight Timer](#)

**Stay Connected:** Maintain a positive relationship with a loved one or support system, especially if you will be spending the holidays alone.

**Establish Boundaries:** Be realistic about what you can and cannot do. Don't overcommit yourself.

Seek Professional Help: If your problems become too overwhelming to handle, or you experience suicidal thoughts, seek professional help.

### **Emergency services available 24/7**

The National Suicide Prevention Lifeline connects people to local crisis centers and has national backup centers to answer calls. This lifeline is a 24/7, toll-free number. 1-800-273-8255 or 1-800-273-TALK ([www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) )

Another 24/7 free service, Crisis Text Line, connects people with a real-life crisis counselor to help in the moment. Text HOME to 741741 from anywhere in the U.S. for support.

### **CDC's New Resource on Stop Overdose Website**

CDC has released new videos to raise awareness about the dangers of fentanyl and the importance of naloxone. The videos are linked below. Additionally, CDC has a website titled Stop Overdose with more resources on fentanyl, stigma, naloxone and more. To learn more, please visit the website at: <https://www.cdc.gov/stopoverdose/>

[Protect yourself from the dangers of fentanyl \(:30\) - YouTube](#)

[Protect yourself from the dangers of fentanyl \(:60\) - YouTube](#)

[Protect friends and family with lifesaving naloxone \(:60\) - YouTube](#)

[Protect friends and family with lifesaving naloxone \(:30\) - YouTube](#)

### **Purchase Area Health Connections' Opioid Taskforce**

The Purchase Area Health Connections' Opioid Taskforce has partnered with pharmacies in the area to provide Detera Bags with opioid prescriptions in an effort to promote safe disposal and reduce diversion. Both Baptist Health Paducah and Mercy Health Lourdes are providing Detera bags in their retail pharmacies, in addition to three Strawberry Hills Pharmacy locations in the area. Additionally, Drug Take Back maps are available to promote year-round drug take back or proper prescription disposal. This is funded by the HRSA RCORP Implementation grant awarded to the Purchase District Health Department. For more information, please reach out to Kaitlyn Krolikowski, [kkrolikowski@purchasehealth.org](mailto:kkrolikowski@purchasehealth.org).

**SAFE AT-HOME MEDICATION DISPOSAL**

**Destroy Drugs, Not the Environment.**

- 1 Place medication in pouch
- 2 Fill halfway with water
- 3 Shake and dispose in trash

**SAFELY DESTROY DRUGS - NOT THE ENVIRONMENT.**

Deterra® is the only independently tested, safe and environmentally sound solution to permanently destroy prescription and over the counter medication from the comfort of home.

**Why is safe drug disposal important?**

- Opioid abuse is a national epidemic
- Destroying medications with Deterra ensures they won't be stolen, abused or missed
- Proper disposal keeps children, pets and others safe from accidentally ingesting unused or expired drugs
- By deactivating drugs, Deterra ensures dangerous medications won't contaminate our ecosystem

**DETERRA®**  
drug deactivation system

DeterraSystem.com

Developed under a National Institute on Drug Abuse (NIDA) contract

**DETERRA®**  
drug deactivation system

Deactivates Drugs  
safe • convenient • permanent

PLANT-BASED POUCH

**I'm green**  
USDA CERTIFIED BIODEGRADABLE PRODUCT

do not consume  
do not remove contents of pouch  
use and dispose of immediately

**KEEP OUT OF REACH OF CHILDREN AND PETS**

Single use pouch

Developed under a National Institute on Drug Abuse (NIDA) contract

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**DETERRA®**  
drug deactivation system

Powered by proprietary **MAT12®** Molecular Adsorption Technology, the Deterra® System deactivates drugs, using activated carbon, rendering them inert, unavailable for misuse, non-retrievable for all practical purposes and safe for the environment.

**One Deterra SP deactivates:**

15 pills or films	2 oz. liquid	2 patches*
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**INSTRUCTIONS FOR DEACTIVATION & DISPOSAL:**

- 1 Tear open pouch - do not open or remove inner pod(s). Place unused medications inside.
- 2 Fill pouch halfway with warm water and wait 30 seconds for air to release. Some foaming may occur.
- 3 Seal pouch tightly, gently shake and dispose of in normal trash.

\*To deactivate and dispose of transdermal patches, attach the sticky side of the patch to a facial tissue and insert into the Deterra pouch.

The deactivation process starts quickly but takes time to complete. Not for use with drugs that are supplied with specific disposal instructions. Do not use with RCA listed drugs. Local regulations may vary. Please consult authorities or your pharmacist with specific questions. Visit [DeterraSystem.com/Drugs](http://DeterraSystem.com/Drugs) for deactivation information.

Manufactured by:  
Verde Environmental Technologies, Inc.  
Minnetonka, MN 55345  
U.S. Patents No. 8,979,724;  
8,538,711; 8,475,837  
Additional Patents Issued

## Mountain Quick Response Team (QRT) Making an Impact in Appalachia

Mountain QRT is KORE funded, and making a big impact for Kentuckians living in Floyd, Pike and Johnson counties. More than 300 Kentuckians have been connected to treatment services since its foundation in 2019. For the full article, please visit:

<https://drive.google.com/file/d/1yijM-lj2L1gl42CUYKpXB8YUYSgonyP3/view>

**CDC U.S. Antibiotic Awareness Week (USAAW) is November 18 – 24**



#BeAntibioticsAware

USAAW is an annual observance that raises awareness of the threat of antibiotic resistance and the importance of appropriate antibiotic use.

## Messages for U.S. Antibiotic Awareness Week

- U.S. Antibiotic Awareness Week is an annual one-week observance that gives participating organizations an opportunity to raise awareness of the importance of appropriate antibiotic use to combat the threat of antibiotic resistance.
- *Be Antibiotics Aware*, a CDC educational effort, complements U.S. Antibiotic Awareness Week by providing partners with up-to-date information to help improve human antibiotic prescribing and use in the United States.

- Always remember to prescribe the right antibiotic, at the right dose, for the right duration, and at the right time.
  - Reassess antibiotic therapy to stop or tailor treatment based on the patient/resident's clinical condition and diagnostic test results as appropriate.
  - Use of the shortest effective duration of antibiotic therapy is a key antibiotic stewardship strategy. Optimizing duration of therapy, especially in care transitions, is an important target for improvement.

Find this information and lots more on the CDC website, <https://www.cdc.gov/antibiotic-use/week/index.html>. Check out the Be Antibiotics Aware Partner Toolkit for education and materials to share with staff, patients and in your communities.

Approximately two million people in the US are diagnosed with antibiotic resistant bacterial infections each year, with 23,000 resultant deaths. According to a study through the Pew Charitable Trusts, 30-50% of antibiotic use in hospitals is unnecessary or inappropriate. In order to make sustainable changes, facilities need to create a multidisciplinary team that covers a variety of professions within the organization.

**How can healthcare professionals work together to improve antibiotic stewardship?**

- Work together on creating policies and procedures for “hard-stop” protocols for antibiotic prescribing
- Participate in patient rounds and discuss de-escalation of IV antibiotics and antibiotic changes
- Create education that can be shared with patients and staff
- Maintain open communication between departments
- Encourage multidisciplinary collaboration within healthcare to ensure that the appropriate use of antimicrobial agents result in optimal patient outcomes

Antibiotic stewardship and education is vital when treating patients who use drugs (PWUD) and those considering treatment and beginning the road to recovery. Antibiotic Stewardship Programs (ASPs) are often involved in the treatment of various injection drug use (IDU)-related infections, which allows ASPs to identify individuals who may benefit from harm reduction with the prospect of delivering this education at bedside. Harm reduction aimed at preventing IDU-related infections should include, at a minimum, SUD treatment options and education regarding safer injection supplies and technique. These encounters also should cover harm reduction measures such as overdose prevention strategies and provision of naloxone. Excerpt from: *Antimicrobial Stewardship Can Help Prevent Injection Use-Related Infections*, April 22, 2021, Peckham, Chan, **Contagion**.

Find KORE harm reduction resources and services:

<https://chfs.ky.gov/agencies/dbhdid/Pages/kore.aspx>

### Additional Resources on KY SOS Website

- Find Help Now KY is a website used to assist individuals in the community find an addiction treatment facility. For more information, visit the website at [www.findhelpnowky.org](http://www.findhelpnowky.org)
- Kentucky Opioid Response Effort (KORE) has funded access to treatment and recovery for individuals who have a functional hearing loss and need effective communication. The guidelines can be found on the KY SOS website or click the link to be directed: <http://www.kentuckysos.com/Portals/2/Documents/KOREGuidelinesDeafHardofHearingAccessdoc.pdf>
- All other KY SOS resources can be found at <http://www.kentuckysos.com/Resources>

### Data Update

KY SOS continues to encourage all facilities to submit their monthly data into KY Quality Counts (KQC). Please continue to report **monthly** data on both the process and outcomes measures. Education and the future of the program are based in part on the data reported. Areas of improvement and areas of success will be highlighted and emphasized as KY SOS continues. If

you need assistance with data input or navigation of the KQC data collection system, please contact **Emily Henderson** ([ehenderson@kyha.com](mailto:ehenderson@kyha.com)) or **Melanie Moch** ([mmoch@kyha.com](mailto:mmoch@kyha.com)).

## The Happenings

### *Upcoming Events/Webinars*

- **KY SOS November Webinar** – Kristen Blankenbecler, PharmD, Director of Clinical Outreach for the KY Pharmacists Association, will provide academic detailing on medication for opioid use disorder (MOUD). This is the first webinar in a two-part webinar series, presented on **November 18, 11:00 – 12:00 PM EST**. Part 2 will be presented on **December 16**. CE is pending for this event and calendar invites will be sent out closer to date.

#### *Zoom Information:*

<https://us02web.zoom.us/j/89950157638?pwd=Q3RtOENoSnRvTHpYaGYwUUUp6UG80dz09>

Meeting ID: 899 5015 7638

Passcode: 2501

**For more information, please visit [www.kentuckysos.com](http://www.kentuckysos.com) or contact a KHA staff member to assist.**

Emily Henderson for program and pharmacy-related questions– [ehenderson@kyha.com](mailto:ehenderson@kyha.com)

Melanie Moch for data-related questions – [mmoch@kyha.com](mailto:mmoch@kyha.com)

Claire Arant for administrative assistance – [carant@kyha.com](mailto:carant@kyha.com)

*Missed a webinar? All presentations are recorded and can be found under the events & education link.*